

# Work It Out

COPPERKNOB  
STEPPERS

拍數: 32      牆數: 4      級數: High Intermediate  
編舞者: Eva Doell (USA) - March 2024  
音樂: Doctor (Work It Out) - Pharrell Williams & Miley Cyrus



## \*4 COUNT INTRO\*

**(1-8) right wizard, press LF forward, rock back on RF, step forward LF, pivot 1/2 turn w/ RF, stamp RF (no weight transfer)**

1,2&            ; right wizard, step right side (1), cross left behind (2), step right foot forward (&)  
3,4            ; press left foot forward (3), rock weight back onto right foot (4)  
5,6            ; shift weight to left foot (6), step forward right (6)  
7,8            ; pivot 1/2 turn (7), stamp (RF) together (8)

**(9-16) repeat first count of 8, with stomp instead of stamp**

1,2&            ; right wizard, step right side (1), cross left behind (2), step right foot forward (&)  
3,4            ; press left foot forward (3), rock weight back onto right foot (4)  
5,6            ; shift weight to left foot (6), step forward right (6)  
7,8            ; pivot 1/2 turn (7), STOMP (RF) together (8)

**(17-24) heels swivel left, two weaves, stomp & right arm swipe & LF heel swivel stomp**

&1,2            ; heels swivel left (&), heels land (1), cross behind LF (2)  
&3,4            ; step out RF (&), cross LF front (3), step side RF (4)  
&5,6            ; cross behind LF (&), step side RF (5), cross LF front (6)  
7,8            ; step side RF & swipe right arm in circle (7), arm completes circle w/ heel swivel stomp LF (8)

**(25-32) quarter left (9 o'clock wall), 2 walks right, left, shuffle right 1/2 turn, shuffle left 1/2 turn, stamp right foot**

1,2            ; 1/4 over left w/ step RF (1), step LF (2)  
3&4,            shuffle right 1/2 turn, step RF 1/4 turn (3), step together LF (&), step RF 1/4 turn (4)  
5&6,            shuffle left 1/2 turn, step LF 1/4 turn (5), step together RF (&), step LF 1/4 turn (6)  
7,8            ; stomp RF (7), stomp LF (8)

**TAG: at 4th wall & 8th wall**

**Count: 32**

**NO WALLS: finding a new spot on the floor, ending facing the 12 o'clock wall after 8 repetitions**

**(1-32) repeat 8x; walk RF, walk LF, step together RF heels swivel left or hip bump with another dancer on the floor!**